

Intentional injuries such as homicide and suicide are more difficult to prevent. Effective intentional injury prevention efforts have to take place at local level, where local needs and resources are best understood.

Contact your local public health department to see how you can get involved with your community to help make your community a safer place to live in.

Preventing injuries always costs less than treating them:

Every \$1 spent on smoke alarms saves \$69 in medical costs.

Every \$1 spent on bicycle helmets saves \$29 in medical costs.

Every \$1 spent on child safety seats saves \$32 in medical costs.

Every \$1 spent on center and edge lines on roads saves \$3 in medical costs alone.

Every \$1 spent on counseling by pediatricians to prevent injuries saves \$10 in medical costs alone.

Every \$1 spent on poison-control-center services saves \$7 in medical expenses.

Source: Centers for Disease Control

Injury is like a disease and can be prevented. It is up to all of us to take action.

Important emergency numbers

Poison Center: 1-800-222-1222

Suicide Hotline: 1-800-SUICIDE

Fire: 911 or your local emergency number

Police: 911 or your local emergency number

Ambulance: 911 or your local emergency number

If you would like further information on injury prevention or safety, talk to your local public health department or contact us at:

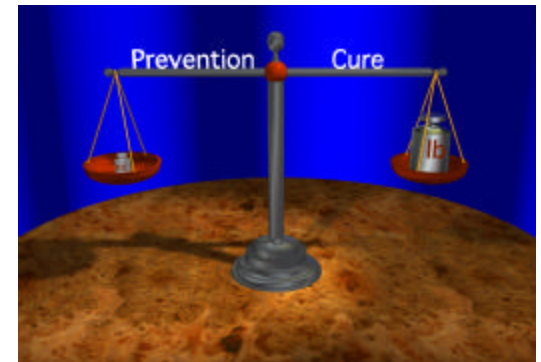
(608) 266-1568

Or visit our website:

http://www.dhfs.state.wi.us/dph_emsip/ipindex.htm

The Department of Health and Family Services.
Division of Public Health. Bureau of Emergency
Medical Services & Injury Prevention.
PPH: 7308 (05/02)

Injury Prevention



An Ounce of Prevention is worth a Pound of Cure

Injuries can be prevented!

Injuries do not happen by chance:

They follow a distinct pattern, like diseases. Injuries are predictable and preventable. Injuries occur because of a complex combination of events that affect a person/ persons.

Definition:

Injury is defined as “any unintentional or intentional damage to the body resulting from acute exposure to thermal, mechanical, electrical, or chemical energy or from the absence of such essentials as heat or oxygen.” (National Committee for Injury Prevention & Control, 1989)

There are two broad classifications of injuries:

Unintentional, injuries resulting from events such as falls, motor vehicle crashes and drowning.

Intentional, injuries resulting from violent events such as suicide, homicides, and assaults such as sexual assault, intimate partner violence, child and elder abuse

5 leading causes of injury in Wisconsin:

Motor vehicle crashes

Falls

Suicide by firearms

Unintentional Poisoning

Homicide by firearms

Did you know that in Wisconsin:

- Unintentional injuries are the leading cause of death for ages 1-34 years.
- Unintentional injury is the fifth leading cause of death in Wisconsin.
- In 1999, there were 2,796 deaths, 45,473 hospitalizations and 25,839 visits ambulatory surgery centers due to injury
- In 1999, a little more than \$536 million was spent for hospitalizations due to injury. Of this, more than \$223 million were spent for treating falls.
- Motor vehicle crashes are the leading cause of injury deaths in Wisconsin.
- Studies show that, in Wisconsin more than 90% of child restraints are not installed correctly!
- Falls were the leading cause of hospitalizations in Wisconsin.
- Suicide is the second leading cause of death in ages 15 to 34.
- Of all intentional injuries leading to death, 70% were due to suicides.
- In Wisconsin, suicides occur three times more often than homicides.

Source: Bureau of Health Information, Division of Health Care Financing, Department of Health and Family Services

What can I do to prevent injury?

At home: Is your home a safe place to live in? Is your kitchen safe? For example: Turn handles of cooking utensils inward. Keep

electrical appliances away from the sink and away from children. Do you have a working smoke alarm fixed? Do you check to see if it is working? Do you practice fire drills at home? Do you have a carbon monoxide detector? Is the play room for your children safe? Are all toys age appropriate? Are there sharp edges on furniture, toys and accessories? Are all household chemicals and personal medications kept locked and away from the reach of your children? If you have guns in the home, are they locked and stored in a safe place?

In your vehicle: Are you using child restraints for your children? Are they applied properly? Do you wear your seat belts at all times? Do you drink and drive? Do you drive when you are sleepy? Do you check to see that the medication you take will not affect your driving?

In the playground: How safe is your child's playground? Is there an adult supervisor present? The national program for playground safety describes a “SAFE” playground as:

S: supervision

A: age appropriate equipment

F: falls to surfaces. Surfaces to be cushioned.

E: equipment maintenance